DARREN WIEBE CYCLING PERFORMANCE

Power & Calories

Key Metrics

15
Training Sessions (#)

19.6
Average Distance (miles)

750
Average Calories (kcal)

3,982
Maximum Session Time (sec)

3,862
Average Session Time (sec)

3,720
Minimum Session Time (sec)

143
Average Power (watts)

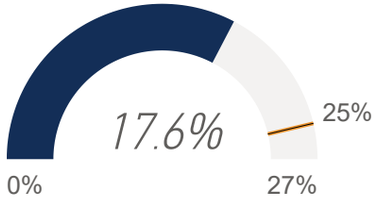
552,919
Average Work (Joules)

3,136,047
Average Calories (Joules)

17.6%
Average Efficiency

82.4%
Average Loss (heat)

Actual vs Target Efficiency (Work / Calories)



Power

Work = Power * Time

DARREN WIEBE CYCLING PERFORMANCE

Torque & Cadence

A cyclist can generate power with less force by increasing cadence, relying more on the cardiovascular system than on leg muscles.

Key Metrics

19.6
Average Distance (miles)

143
Average Power (watts)

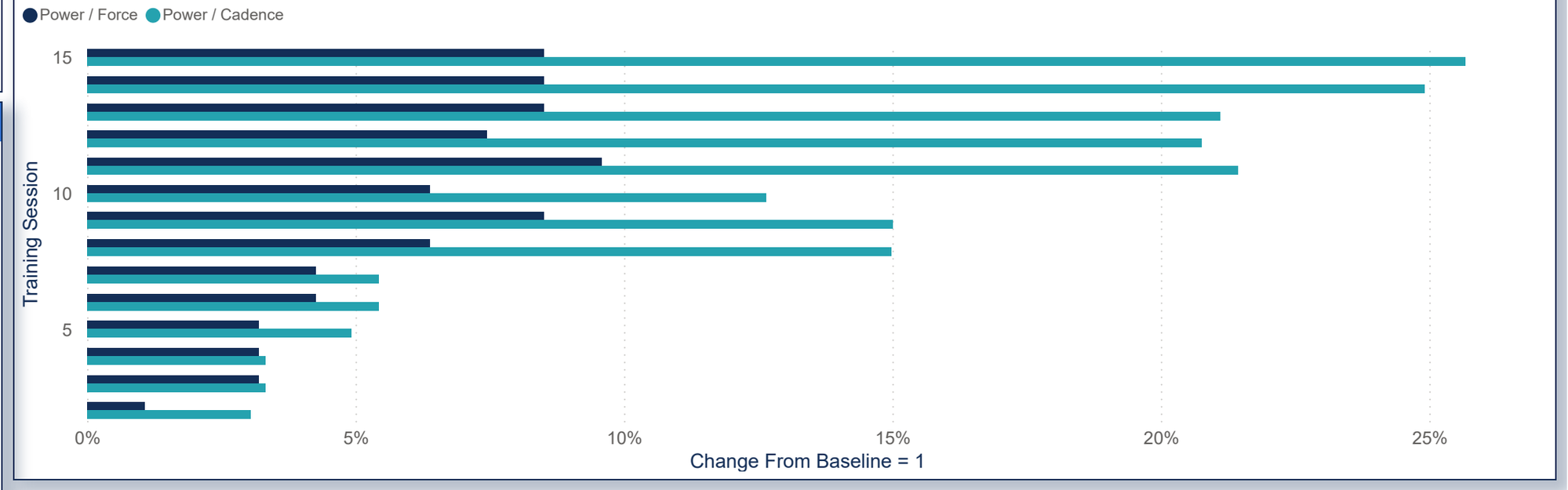
509
Average Force (Newtons)

87
Average Torque (Newton metres)

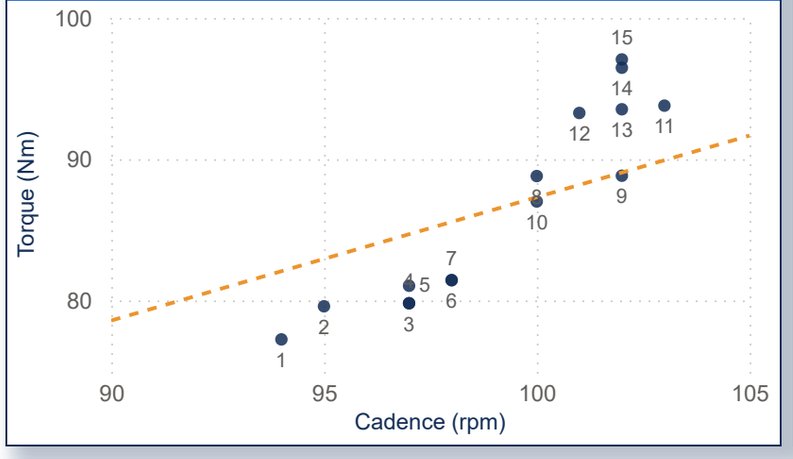
99
Average Cadence (rpm)

37
Average Resistance (%)

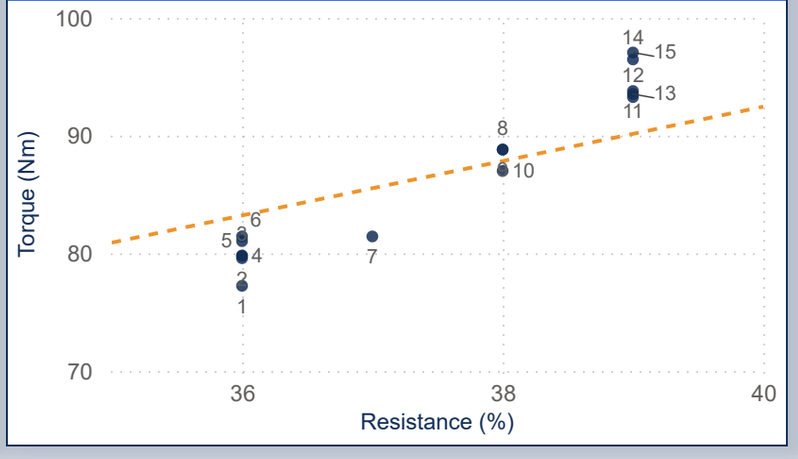
Power = Force * Distance * Cadence (Force * Distance = Torque)



Torque vs Cadence per Training Session



Torque vs Resistance per Training Session



Power vs Force per Training Session